AMUSEMENTS. ERNAN'S LYCEUM THEATER

BEGINNING TOMORROW NIGHT AT 8.

THE REAL THING,

FLYNN'S LONDON GAIETY GIRLS.

Introducing an aggregation of European and American Stars, including

Paulo and Dika,

The Sensational Dancers and Singers, dire from the Fellies Bergere, Paris.

AN OLIO OF EXCEPTIONAL PEATURES.

12-Novel Specialty Acts-19.

THE BOLLICKING BURLESQUE, King Ko-Ko-Mo.

25-Pretty Girls-25.

10-Funny Comedians-10.

MONDAY EVE, MAY 27.

MANAGER EUGENE KERNAN'S BENEFIT.

CADEMY.

LAST WEEK. LAST WEEK. Beginning MAY 20. Final performance of the Hinrichs GRAND OPERA COMPANY.

And positive appearance of MONS. GUILLE, the Phenomenal Tenor.

Monday-IL TROVATORE. Sig Campanari as Count Di Luna. Tuesday-HUGUENOTS.
First appearance of Mons Guille

Wednesday-LA GIOCONDA. Thursday-BOHEMIAN GIRL. By request.

Priday-THE JEWESS. Saturday Matince-MIGNON.

Saturday Night-Grand Donble Bill and Farewell. Entire operas of

PAGLIACCI AND IL TROVATORE Adicute all the arrists.

Secure seats at once for the Last Week NEW NATIONAL THEATER.

Every Evening and Saturday Matinea.

Daniel Frohman's LYGEUM THEATER CO. OF NEW YORK,

AN IDEAL HUSBAND.

FORTUNE. THE WIFE.

Mon. MAY 27-The Comedy Season

GRAND OFERA HOUSE EDWARD IL ALLEN, Manager. Beginning To-morrow Evening

FREDERIC BOND AND COMPANY

The Guv'nor.

PRICES: ORCHESTRA CHAIRS, 750. ORCHESTRA CHECLE, 50c. BALCONY, 250.

Pitth Week Pink Dominos. THE THRILLING DRAMA,

A CELEBRATED CASE, BATTLE OF FONTENOY,

GERALDINE DRAMATIC CLUB amisted by the EMMET GUARD.

Academy of Music. WEDNESDAY EVENING, MAY 29, 1895. ADMISSION 22.

Orchestra Circle, reserved, 82; Orchestra Chair, reserved, 75c.

Tickets can be had from any of the members; also from brothers at St Aloysius church, and

also from brothers at St Aloysius church, and from J. Kummar. business manager, No. 20 K. R. W., or at Oratg & Harding's 13 and F. N. W. A CADEMY
Popular Prices, We, Me, 75c and \$1.00.
HINRICHS
GRAND OPERA
COMPANY
TO-NIGHT AT 8.
FAUST.

Kronold, Flem
Van Cauteren, Synneberg. Eronold, Flem ing, Michelona, Van Cauteren, Synneber Del Papa, Campanari, Viviani, Maina Ganor, Maina. Viviant. Maina.
Next week-Brilliant repertoire. Farewell.
Positive appearance of Mons. A. L. Guillo.

DON'T MISS THE GRAND ENCAMPMENT AND FETE -OF THE-

EMMET GUARD

-AT-Capitol Park, North Capitol and G Sts. Commencing Monday evening, May 2, and con-fining until Sofurday, May 25.

Bancing, Merry-go-round, Pavillen Theater, Swings, Throwing at Heads, Athletic Contests, &c. &c.

VIRGINIA Jockey Club,

ST. ASAPH, VA.

Racing Mondays, Wednesdays and Fridays until further notice.

General Admission, 50 Cents.

SIX RACES each day. First race 230 p. m.

Special trains direct to grand stand from Sixth
street station at 130 and 2:10 p. m.; other trains
11,50 and 12:50.

MENE STILLWELL, E E DOWNHAM.

EXCURSION.

TO-DAY GERMANIA MAENNERCHOR

Beautiful



Pents to-day at 1945 a. m., 5 and 5 p. m.
Tickots, 55c. Arth's Superb Hand.
E. S. HANDALL, Sole Proprietor.
Season tickets just issued. (5 trips, \$2.5)
It trips, \$1. For sale throughout the city an
at hiver View office.

EXCURSION. STEAMER GEORGE LEARY TO FORTRESS MONROE AND NORFOLK, VA.

May 25, 1895. Fare, \$2 round trip. Roat leaves foot 6th at, wharf 6 p. m., arriving Old Point 7:30 and Norfolk, Va., 8:30 a. m. Returning, arriving in Washington May 31 at 7:30 a. Tickets and staterooms for sale at the boat or office, 9:04 E. st. sw. First-class meals on boat, 50 cents. Excussion to 61; mont every sanday, 10:30 a. m. and 2:30 p. m. returning 7:30 p. m. Fare 25 cents.

W. B. THOMAS, Gen'l Manager, F. D. LEE, Gen'l Agent,

COLONIAL BEACH — GRAND EXCURSION, SUNDAY, MAY 19. PALATIAL STEAMER CITY OF RICHMOND leaves her dock, foot of Sixth st., at 10 a.m., giving four hours at the beach, returning home by 10 p.m. Superb orchestra, dancing floor, and regular dinner, including plut of wine, 50c. Fare, round trip, 50c. my17-3t

MARSHALL HALL. May Schedule.

STEAMER CHARLES MACALESTER leaves for Marshall Hall at 10 a. m. and 2.30 p. m.; returning, reaches Washing-ton at 2 and 5.30 p. m. ton at 2 and 5:30 p m.
STEAMER RIVER QUEEN leaves for all river landings at 9:30 a. m.; returning, reaches Washington at 3 p. m.
FLANK SHAD DINNER EVERY DAY. For charters, dinners, &c., spply at office, Seventh and M streets southwest. Telephone call, 825.

AMUSEMENTS.

BUTLER'S BIJOU THEATER. Seats 25c and 56c. Matures Tuesday. Thursday and Saturday. The pictur-

ransary and Saturday. The picturesque Irish comedy
TRUE IRISH HEARTS,
Master Chrissie Spreeser and Miss Virgle
Luckett, Washington's favorite child dancers, will appear at every performance.
Next week "Uncle Tom's Cabin." Illustrated Lecture

Mrs ROBERT E PEARY, under the adaptices of the NATIONAL GEOGRAPHIC SOCIETY, Meizerott Music Hall,

Metrerott Music Hall.
THURSDAY, MAY 23, 1895, 418 p. m.
Arctic life and scenery from personal experience. Eighty lantern slide views, including several pictures of her little girl, born in north-fractions with ern Greenland, Tickets, with reserved seats, 75, 50 and 25 ets.

COMING TO THE THEATRES.

Flynn's London Galety Girls will be the attriction we the Lyceum this week. This is undoubtedly one of the most complete burlesque organizations in existence. It contains every essential necessary to a strict high-class entertaioment. The curtain raiser is entitled "The Gathering of the Clans." This will introduce the full strength of the company and at the same time it is a witty but of composition which is inter-spersed with several of the latest musical hits. An exceptionally good olio follows in which will appear Paula and Dika, the in which will appear Faula and Dika, the sensational French comiques, who come direct from the Follies Bergere, Paris, Others who appear in this part of the pro-gramme are the Fergusians, society's favor-ite travesty stars. O'Brien, Jennings and O'Brien, the comedy hits of the season, Dottie Lathrop, the winsome little sonbrette, and William H. Daty, the up-to-date comedian. The performance will conclude with the original burlesque en-titled "King Kokomo," which will introduce a coferie of pretty girls in natty costumes. There will be matinees Tuesday, Thursday

There will be matinees Tuesday, Thursday and Saturday.

The most novel variety performance of the season will be given at the Lyceum on Monday evening. May 27. The occasion will be Manager Eugene Kernan's testimonial benefit, the programme will be made up of a number of high-class specialty acts, and will also include an excellent buriesque, which will be interpreted by a cast of well-known artists who have volunteected their services and who will come direct from New York especially for this occasion. The sale of reserved seats will open on Monday, May 20.

To morrow middt the Hinrichs Grand Opera Company begin the last week of their engagement at the Academy A pleasing feature is the amountement of the appearance of Mons Unitie, the celethe appearance of Mons. Guille, the cele-brated tenor, who is such a favorite with the musical public of this city. The ar-rangement of the repertoire for the last week, together with the added attraction of Guille, will surely crowd the remaining performances. Mouday night "II. Trova-tore" is aunounced, with Mine, Van Cou-teran as Lenora; Miss Fleming as Lucena; Sig. Michalena Manrico and Sig. Campa-nart, for the first time here, as Count De Lana. Tuesday "The Hurmonics" will nari, for the first time here, as Count be Lana. Tuesday "The Huguenots" will serve for the introduction of Mons Guille as Rabul. He will be assisted by Mine Kronold, Miss French, Miss Fleming, Mr. Ganor, Sig. Viviani, Mr. Karl and others. Wedlarsday night "La Gioconda," with the same successful cast as before—Mine, Kronold, Mine, Van Cautereu, Sig. Dei Papas, Sig. Campanari, Sig. Viviani, etc. Thursday night, the management, yielding to the popular demand, give one performance of "The Bobenian Girl," by request. Friday night "The Jewess," with a brilliant "The Bobemian Giri," by request. Fri-day night "The Jewess," with a brilliant cast, including Mme. Kronoid and Mons. Guille. Baturday matinee "Migrion." Baturday night will be red letter night; a grand double bill has been arranged. The cutire operas, "Pagliacci" and "H Trov-atore" will be produced, all the artists ap-pearing in a grand finale. The propular-

pearing to a grand finale. The popular prices, as usual, remain. To-morrow night, Frederic Bond and company will inaugurate the fourth week of summer comedy at the Grand Opera House. Managers Shaw & Bradford have selected for the coming week's bill the three-act farcical comedy, "The Guy'nor," and the patrons of the sweek company may be sure of witnessing a very amusing, entertaining and altogether enjoyable performance. "The Guy'nor" was one of the greatest successes of the Wallack's Theater and Boston Museum stock companies, and previous to its first presentation in and previous to its first presentation in this country had a long and successful run in London. In the hands of Frederic Bond and company this very excellent play will doubtless repeat its former successes and attract large audiences to the Grand Opera

Daniel Frohman's celebrated Lycenm Theater Stock Company of New York will bring the regular season of the New National Theater to a close on next Saturday evening. On Monday, May 27, the regular annual comedy season will be inaugurated, with Warnen's three-act comedy, "Nita's First." Nearty all the old favorites have been retained and added to their number are several comedians of national prominence. The regular sanimer prices will be maintained and seats for the opening week will go on sale Thursday morning.

The attraction announced for this week at Botler's Bileo Theater will be a grand production of the picture-sque irish comedy-drama. "True Irish Hearts." one of the greatest successes since the famous "Shargran."

SEEN IN A SINGER'S ALBUM

Signor Del Papa's Collection Great Musicians' Autographs.

Composers and Operatic Stars Whos Names Are Known All Over the World.

"Come in! Ah, sit down; excuse me one moment while I wash off the paint." Such was the cheerful invitation given last evening, after the production of the "Pear Fishers" by the Hinrichs Opera Company when I rapped on the door of Signor del Papa's dressing room. He had just come off the stage, having scored a success in the role of Nadir, and was in excellent humor. I made myself comfortable among the nany different gowns, wigs, trunks, powders, etc., etc., and was soon engaged in

interesting conversation. Bignor det Papa is a charming man; having traveled extensively, he has a host of acquaintances throughout the musical world, and frequently alludes to his close friendship with some of the world's greatest icians. He has been in America nearly eight months and is greatly impressed with the beauty of our cities. He is making rapid strides toward perfecting himself in our language. We were discussing the

"Yes," said he, in answer to her question "the 'Pearl Fishers' is a most beautiful opera, and every time I sing it I can not help but thank Biset for writing such a glorious work; apropos, let me show you glorious work; apropos, let me show you something." In a moment he produced from his trunk a large theatrical poster, which read: "Opera Italian—Theatre de la Gaite, Sixth Performance of "i Piscatori." The cast was a notable one, and contained besides Signori Del Papa and Leherie, Mme. Caive, who took the part of Leila. "Oh yes," continued del Papa, as he put the finishing touches to his neektie, "I sang this many times with Mme. Caive, and our success was immense: wait, I must show

this many times with Mme. Calve, and our success was immense; wait, I must show you my antograph collection. With this he produced a dainty little volume, elegantly bound in Kussian leather and with brass clasps. "This book was given me by Mme. Emma Nevada Palmer several years ago and I prize it highly. "Soe," and he showed me the inscription on the third page: "Signor del Papa, in remembrance of his sincere friend. Emma Nevada Palmer. Rome, December 25, 1888."

"I should like to examine this book

"I should like to examine this book carefully, I said. "Very well, take it and look through it

Very west, take it and took through it at your lessure."

Such an offer was wholly unexpected, for as a rule a valuable collection such as his is not cofrusted to every one's best friend. The arrangement of this book is admirable. The first and second pages are dedicated to "La Murica." Beginning at the lower right hand corner and traversing the first page, is a sprig of ivy, carefully glued to the paper and bearing the date: "Fallaura 4 Ottobre 1889." The largest of the type are presented to the paper and searing the date: "Fallaura 4 Ottobre 1889." The leaves of the ivy are spread to the right and left. Written among these leaves are leaves of the ivy are spread to the right and left. Written among these leaves are sentiments expressing the feeling inspired by music in such famous writers, philosophers and musicians as Plato, Socrates, Aristotle, Lutero, Beethoven, Mazami, George Sand and Massino d'Azegho.

The second page is similarly embellished, only "Forget-me-not," "Edelweiss" and "Pansies" are pasted thereou, inplace of ivy.

"There are two autographs which I value most highly; let me show you," continued Sig. del Papa. He turned to a page containing the signature of Andropse Thomas, "After I had surg the role of Withelm Meister the massito came and presented me with a smail boutomers of laurel. He also brought me his photograph with this inscription." Here he showed me the picture. "I asked him to write in my album, and here it is "Signor Dante del Papa, a souvenir of affection from the composer of "Mignoo," Thankfully, Ambroise Thomas, dated Florence, February 23, '89."

The little button-hole bouquet has been carefully preserved, and graces the page below the maestro's autograph. Next follows that of Mme. Marchest, probably the greatest vocal teacher of the century. She has written in beautiful "manuscript" a few bars of a most difficult study, not-ing at the opening bar, "Note ripetent." below she has affixed her signature with this inscription: "To the illustrious ar-tist singer, Signor Dante del Papa as a token of sincere admiration for his ex-quisite talent. Mathilde Marchesi, Paris, December 16, 1890."

Then follows an inscription from the two

December 16, 1890."

Then follows an inscription from the two de Resaki's, which reads: "My dear del Papa; You know how to sing! You are a true artist, and we are most happy to have made your acquaintance. Do not forget your devoted friends, Edonard and Jean de Resaki." also an inscription of Signor Mincinelli, the eminent composer and conductor, bears repeating. "To the excellent artist and my dear friend del Papa, in remembrance."

Among the other complimentary remarks made by the greatest living singers, artists and composers, there are letters from Pouchielli, the composer of "Medistorleic," from Bolto, the composer of "Medistorleic,"

Ponchielli, the composer of "La Gioconda," from Bolto, the composer of "Metistofele," from Padilla, Durand, Falloni, Bazzini, Gomez, Cagnoni, Ratoli, Beviguaui, Mme. Mine. Emma Story, Sofia Scalcili and a host of others, equally prominent. The veteran composer and tencher, Rotoli, whose autograph was secured in a hurry, just before the train left Boston, composed a few hars of music to the words "Del Papa, Io sono, Augusto Rotoli, in Frettal" and with the succeeding stroke of his pen drew an excellent caricature of himself, which everyone who knows him must admire.

Not wishing to take the responsibility Not wishing to take the responsibility upon myself of removing that autograph collection from his room, I apologized to the Signor for having detained him so long, and with a "nona sera," which is about all the Italian at my command, I left him; not, however, before having received a cordial invitation to come again.

CHICAGO AT THE OPERA.

And the Very Wonderful Transforma-tion That Came C'erthe Audience. The Auditorium, of Chicago, built for political conventions, was in the swirl of the operatic season. Mr. Grau had brought along three soloists of the Metropolitan company from New York and chartered a charast of twenty-five from a west-side tobacco factory. With ten German-street bands he made up an orchestra which blew "Lohengrin" out of the sky-lights the first night and silenced the government foghorn on the breakwater. The interior of the Auditorium, built in imutation of the grand saloon of a Sound steamer, was brilliantly illuminated. The organ-pipes in the paddle-boxes adjoining the stage were cunningly concealed. It only needed theusual number of passengers who had been told that there were no staterooms vacant and a colored stewardess to blackmail and a colored stewardess to blackmail them into paying three prices for berths, of which she always has a number to sell to the unknowing, to complete the illusion.

Two of Mr. Grau's principals, the west-side chorus and the combine of little German bands were wrestling with "Romeo et Juliette." Mr. Romeo was trying, in the dim light of a rising cheese-box with a red glass front and a tallow caudle inside representing the morning sun, to climb out of the upper window, where Mrs. Juliette was hanging in hysterics, and make his escape ing in hysterics, and make his escape from an trate sire still unconscious that

from an irate sire still unconscious that he was a new lather-in-law.

Chicago society was out in numbers. Three separate sets of four hundreds from three sides of the city were glaring at each other and saying mean things about each other's gowns, while the fourth four hundred, from Evanston, sat in silent classic and intellectual scorn.

The night became warm, as if to shame the operatic troupe, which in its anxiety to reach the nearest saloon was num-

to reach the nearest saloon was mum-bling hastily through the fifth act. The bling hastily through the fifth act. The janitor softly opened several skylights to cool the air and restore a healthy circulation. As the draught gayly flew in at the windows clouds of soot followed and gently came down on bare faces, arms and busts of gracious matrons, charming divorcees, and peach checked, small footed debutantes. A white population was specific changed to the natural cork of swell residents of Sixth avenue.

"My goodness!" marmured Mrs. Lakefront, from the north side, unconscious of her own metamorphosis, aristocrat-

of her own metamorphosis, aristocrat ically scanning through her field-glasses the south side contingent on the tier far across the way; "look at them colored pussons in the boxes opposite. And to think of their coming to the opera in "de-col-lett!"—Judge.

POPULAR YOUNG AMATEURS.

Geraldine Dramatic Club Will Pro-duce "A Celebrated Case." The Geraldine Dramatic Club, the popuar young amateur organization of Washington, will make its third appearance before the public at the Academy of Music Wednesday evening, May 29, in the thrilling drama, "A Celebrated Case, or the Bat-tle of Fontenoy," for the benefit of the Gonzaga new hall.

This play had a run of more than one hun-

ired nights at the Union Square Theater, New York; has been starred in by such well-known actors as Louis James, Charles R. Thorn, jr., and James O'Neill, and has been pronounced by dramatic critics as the finest drama ever produced in America. Under the capable and efficient coaching of Mr. T. M. Hardy, late of the Charles Frohman Chippany, at I win so successfully directed and staged the herote drama. Robert Emmet," recently produced at Buther's Briot Theaterly this club, an ap-tastic rendition is assured. It has been unaulmously remarked that "Robert Emfitting professional stars than amoteur aspirants, and was without exception the finest production by amateurs seen in Washington. The cast will be as follows: Jean Remand, a soldler in the Prench army Mr. Mr. M. F. Ballers

Adriense Regard, exects Mas Mary secrette Haward

Advance in and exerts A. Marguester in a discounter fulls.

Martin ... Miss Mary Missorner fulls.

Annette ... Miss Miss Meria Repair Anna Adrience. Duke d'Aubeterre's adopted daughter ... Miss Katharine E. Halloran Duchess d'Aubeterre ... Miss Massic Ryan Chanolnesse, of the College d'liverco... Miss J. McGrath soldiers. Canvicts, etc. assisted by the Emmet Gaurd.

F. I. Roppert is collector for the club and J. Kuminer business manager.

FOR STOCK COMPANY PORTRAITS.

Property Master Sherwood's Artistic Work at the National Theater. Mr Morgan A. Sherwood, the master of properties at the National Theater, has designed a highly-artistic, unique, and appropriate frame of mammoth proportious, which is now onexhibition in the cozysittingroom off the lobby of the theater. It contains the photographs of all the members of the Summer Stock Company, with an excellent picture of the National Theater ccupying the position of stellar honor.
The groundwork of the frame is of rich
ream color, ornamented with numerous
loral designs of pale green in bold relief, i monumental figure of a stork occupying hearly all of the right-hand side, It has been an object of interest to many visitors during the week and reflects credit alike on Mr. Sherwood's skill as an artist and on the management of the theater. It will soon be multiplied all theater. It wi

Macanerchor at River View. Capt. Randall will entertain the Germania Maennerchor Society to-day at his beautiful Reduced Rates to Philadelphia via
Pennsylvania Railroad.
For the accommodation of the public, and those desiring to attend the dedication of Odd Fellows Temple, in Philadelphia, the Pennsylvania Railroad will sell, May 20 and 21, excursion tickets from Washington at rate of one fare for the round trip, good to return until May 23 m14-8t

Maennerchor Societyto-day at his beautiful RiverView. The annual German-American out-of-door festival this year promises to excetall previous outings that have made the Maennerchor famous for Joly good fellowship. There will be music by Arth's fine band, songs, prize bewling and countless other amusements that abound at River View. The Pentz will make three fast trips, leaving to-day at 10:45 & m. and 3 and 6 p. m.

Health Made In Bedrooms

BEFORE - BREAKFAST EXER-CISES FOR GRACE.

Simple and Graceful Calisthenics Accomplished by Ordinary Methods.



HE athletic craze has grown to such an extent that private gymnasiums have been added to the numery and the boudoir. The governess that has no knowledge of

taining her position in the modern rich man's household. She is expected to take the little ones in hand, and put them through daily exercises that are calcolated to develop every muscle of the body and limb, while milady takes lessons from a professor in gymnastics. But while the women's gymnasiums have hundreds of pupils, there are scores of

other women who get their exercise in their own homes, and according to well-tried rules. The bedroom may be made to auawer the purpose of a gymnasium, and the outfit is such as may be set up in any

outfit is such as may be set up in any household.

If you should chance to know of a girl who a few months ago was thin and almost consumptive-looking, but who is now full-chested, rounded perfectly in arm and leg, square of shoulder, and graceful of carriage, and if you know she has not attended a symmasium, you may depend upon it that she has practiced boudoir callsthenics.

The chances are that as soon as she is out of bed in the morning a loose-flowing, chemise-like garment is jut on, belted at the waist by a ribbon. The bed is nushed to

chemise-like garment is put on, belied at the waist by a ribbon. The bed is pushed to one corner to give plenty of room, and her exercises begin. The only gymmosiann-like implement she uses is a stick about five feet long and one inch in danseter; for sibly at one time it did duty as a broom handle. With this she goes through a parsets of gentle but attentionment year. eries of gentle but strengthening exer-rises. A window is raised, if the weather

is not too cold, to admit fresh air.

Her first exercise is filling and expanding
the lungs. She stands perfectly erect, heels together and arms extended straight to the ront, pains touching. The pains are low separated and the arms sweep back now separated and the arms sweep back-ward; at the same time she farws in a full-breath. When the arms are thrown as far backward as convenient, and the lungs are expanded, the operation is reversed, the arms being brought to the first position and the breath exhaled.

The breath exhaled.

After this is repeated for several times she varies the exercises by dropping the arms close to her hips and raining them above her head without bending the elnow, drawing in the breath all the while and letting it out as the arms are dropped to the hips again. Now she doubles her fists and draws them towards her until they strike her shoulders, the chows being close by her sides; then she extends them full to the front, as though striking at an imaginary foe, lithaling and

this she simply lets her head drop for-ward as though the muscles of the neck had lost their power. The head is then relied with a circular motion from side to side, as though she were trying to see how large a circle she could describe in the air with the crown of her head as a In the course of the moving of the head in this manner every muscle of the nexk is brought into action at some point of the

This is a favorite exercise of circle. This is a favorite exercise of netresses and society girls, and is productive of full, well-rounded necks.

The next bonder exercise is that with the broomstick. The first movement is to extend the arms at full length to the front, grasping the stick in both hands; the young woman then raises themslowly to a position wanner theo raises them slowly to a position over the head and then down behind, keeping the arms rigid. At first her hands had to be widely separated on the stick to enable her to do this, but as she progressed it was not long before the feat could be done with the hands no more than two feet apart. This exercise develops the muscles of the arms, chest and back.

She begins another exercise by holding the stick in the same manner and putting her head through without removing either hand. Her dainty toes got many

ting her head through without removing either hand. Her dainty toes got many a crack before she could put her foot over the stick without striking it, has perseverance conquered, and now she puts either foot over and back again equally well without touching the stick with her toes. She will soon be able to jump through it, both feet at once, quite jump through it, both feet at once, quite as easily as she skipped a rope at chic fourteen. In this movement the muscles of the arms, legs, hips and tack are brought into action, and it requires just enough vigor to create bodily warmth.

Another inevenent that gives strength and suppleness to the back is that of leaning forward until the tips of the fingers touch the toes. In this woman shows her superiority over man, for no Adam can compete with an Eve in the case and grace with which she can execute this movement. A woman is equally adent at leaning backwards, and the

adept at leaning backwards, and the transed athletes among them can catch hold of their beels before a man can recover from his first effort at the backward bend. There is no exercise that the athletic young woman takes to more easily than the forward and backward bend.

The young lady at exercise is now ready The young lady at exercise is now ready for the leg swing. In this she tries to see how large a circle she can describe in the nir with her great toes as markers, by awinging first one leg and then the other. As a developer of the thigh this movement beats high kicking, as it brings into action all the muscles of the leg from the ankle to the hip. Sometimes she may vary this movement by balaucing on one foot and describing a circle on the floor with the other, and she may enliven it with



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TO-DAY, SUNDAY, at 9 A. M. and 4:10 P. M.
TO-DAY, SUNDAY, at 9 A. M. and 4:10 P. M. lays 11:30 a. m. and 4:30 p. m. from Pennsylvania Railroad Station, 6th and B Streets. Circulars and Tickets from our agents at depot or at office Tuxedo Co., 621 F Street ENDOWN CONTRACTOR SHOW THE PROPERTY OF THE PRO

a little high kicking and other maneuvers which she would consider quite im-proper outside the precincts of her own

over-exertion, and with equal care she endeavors to develop all muscles equally. Her aim is pnysical culture, and not merely that she may be able to perform particular feats of skill and agifity. The neck, chest, back, hips, legs and ankies all re-

chest, once, tips, tegs and master at a cereive due attention.

Having performed all these exercises, she will probably end them by sitting on the floor and, drawing one foot upunder her, try to rise from this position without touching her hands to the floor. This is more difficult than it seems, and a practiced with care, from fear of overis practiced with care, from fear of overexertion. Though it is not a graceful
position in which to be caught, it is
worth trying, as by it almost every
muscle of the body is brought into play.
As a hip developer it beats all the patent pads ever invented.

Although the bouldor athletic young
woman is deprived of the opportunity
to indulge her vanity and parade her
charms by strutting about clad after the
style of the Roman gladiator and does
not punch a bag, whirt on a horizontal
bar, swing by one 4cat-one a frapeze or is practiced with care, from fear of over-

awing by one foot on a trapeze or turn handsprings, as do her sisters in the gymnusiums for women, she is still an athlete and has gone through every exercise necessary for health and sym-

the New York girl, says the World, takes the New York girl, says the World, takes a light spouge bath, and with a crash or Turkish towel rubs her body briskly until the blood is well started and the system in a glow. Not more than ten minutes have been occupied in healthful calist hences, but she dresses and goes down to her breakfast with an appetite that would do credit to her biggest brother.

BOOKS MAY CARRY MICROBES.

Precautions Taken to Prevent Spread of Disease Through Europe. It is a fact that has been well demonstrated that contagious diseases may be spread by means of books which have been in the hands of the sick or convolescing says the New York World. All the cruptive maladies, scarfatina and varioloid among others, as well as dipli-

theria, may be transmitted in this manner. Throughout Europe, and especially in Engand, strenuous efforts are being made to stop this source of contagion. At Edinburgh al-ready a regular service has been organized by which the directors of libraries are notified each day of the names and addresses of all those in the city who are fill of contagious dis-cases. The librarians thereupoumake careful search to find if any of their books have been lent in any of the nonessynee (fiel. When such lent in any of the housesspecified. When such is found to be the case the health department. isfound to be the case the health departments seizes the books, which are then either disinfected or destroyed, according to the nature of the illness. When a book, for example, has been in the hands of one fill of varioloid it is immediately destroyed. At Bradford, England, similar measures are also in vogue and an effort is now being made to mit them the first at Junior.

being made to put them in effect at London. This, however, owing to the vast and dense population of the city, will be difficult of accomplishment.

In Paris this plan will also be followed in the near future. At present the authorities of that city are endeavoring to find a satisfactory disinfectant. Experiments are being made with the vapor of formic aldehyle, which is produced by the incomplete combistion of methylic alcohol in contact with the air and incandescent platinum. This years, In addition to its satisfaction of the contact with the produced by the contact with the air and incandescent platinum. This years, In addition to its satisfaction reportation.

vapor, in addition to its autisoptic properties, is easily employed, and is absolutely harm-less to cloth and paper, and its discovery will doubtless hastel the adoption of similar hygienic measures in the public libraries of this country. Let us know what you think of the Pennant Race on a Times Baseball

TURNING THE HONEST PENNY. Dainty Work for Summer Vacations

That May Bring in Money. When you are packing your trank for next sum-ner's cating put in a lot of tinted bristol board and blotting sheets, see thom as I shall direct, as the good fairy in the story is in the habit of saying, and you will never negret it. Ferfectly mounted scaweed or carefully pressed. wild flowers according as you go to seasible or mountain misso the most exquisite britishay.

between the localities of which she makes store Thousands of the marine trilles could be seld in the shops at our liastern sessible reserts, and every battle field might have its souvenir of with flowers. The work requires professional interty and exactness as well as hate, but many women, if they would bring to hear inposity the time and energy they do spon general famey work, could succeed and make miney out of it. G. M. Q.

"I test you," said Mr. Proudpaugh, "that boy of mine is a wonder. He has the signs of extraordinary genus stamped all over him in display type,"

or extraordinary genus stanger at over him in display type."
"Indeed? He must be a phenomenon."
"Heis. He is only six years old and writes a hand like Horace Greetey's and sings worse than Triby."—Washington Star.

The Search for a Man "Do you go to church to hear the sermon or the music. Maude?" "I go for the h.ms," said Maude - Har-per's Bazar.

The Song of the Heart.
Love is sweet, and bitterly sweet,
As those who have tasted know,
And tove is losting and love is fleet.
As adamant and snow.

And love is hard as fate, And love is soft as sleep; Love is impatient and cannot wait, And love can endure and weep.

And love is strong and frait
As the oak and anemone;
As the gale that sheeds the stoutest sail,
And the zephyra that kisses the sea. A beauty-sad, bitter-sweet thing,
This love has proved to thee,
For alas! thy heart did sing
Of a joy that was never to bet
—Chicago Dispatch.



Simple and Healthful Exercises to Be Practiced in the Boudoir.